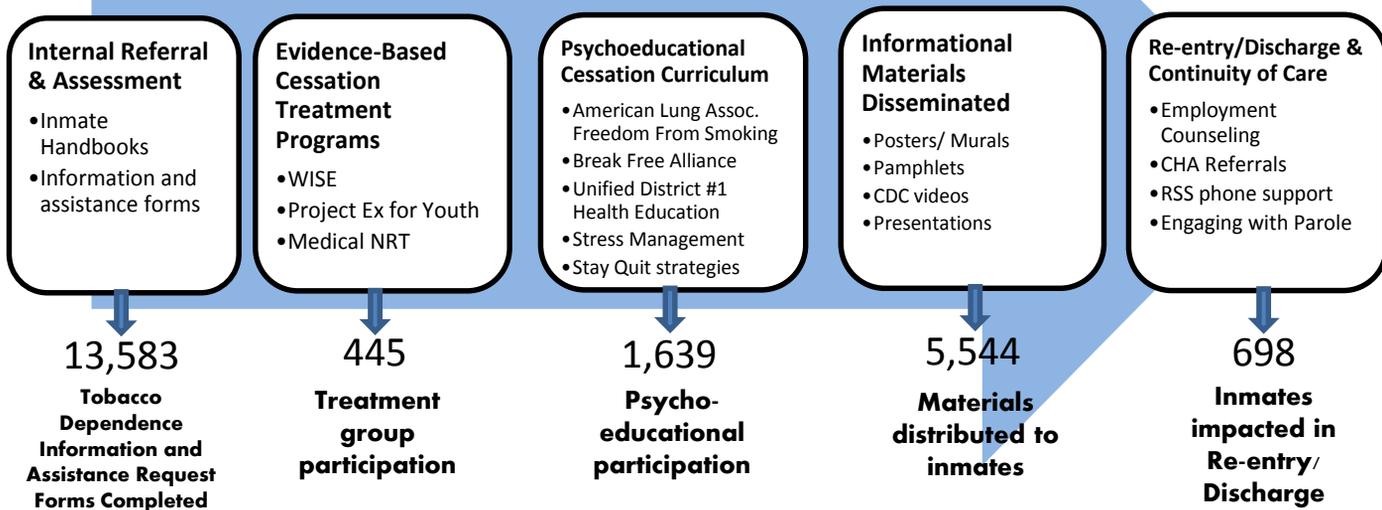


**Tobacco and Health Trust Fund Sponsored
Review of Efforts
CT Department of Correction
Inmate Tobacco Cessation Project**

Strategic Points of Intervention



Details of DOC Facility Cessation Project Data

	HCC	NHCC	York CI (Females)	MYI	BCC	Totals
Info request forms	10,560	41	1,602	1,380	N/A	13,583
Treatment	175	N/A	113	157	N/A	445
Psycho-education	915	622	102	N/A	N/A	1,639
Info materials disseminated	221	752	1,354	471	2,746	5,544
Re-entry/Discharge Community Planning <i>*Note: The total of 698 includes 299 RSS referrals.</i>	45	226	427	N/A	N/A	*698

Anecdotal Inmate Feedback on Cessation Treatment

“One inmate told me that the coping techniques learned in this group helped him restrain himself from an argument with a Custody Officer, which would have added many years of time to his length of stay.” ~ *DOC Addiction Services Counselor*

“ This is the best 1 ½ hours I’ve had all week.” ~ *New Haven CC Inmate*

“I attended the Smoking Cessation group at NHCC; now I am trying to get my family to quit.”—*CRCI inmate*



One of the murals painted by inmates at Hartford Correctional

CT DOC Inmate Tobacco Cessation Project

Halfway House Smoking Prevalence Surveys

78%

•Of HWH residents had a history of smoking

58%

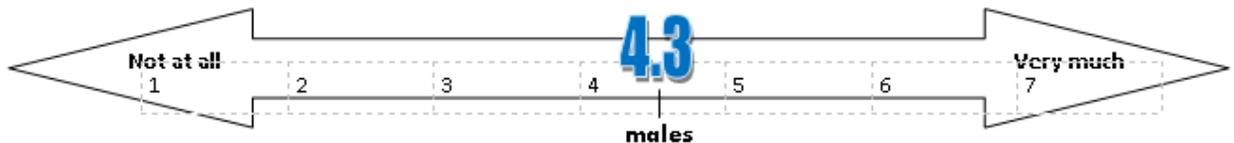
•HWH residents reported they were 58% confident in successfully quitting smoking

	Number of facilities	Surveys completed
Males	15	243
Females	4	63
Total	19	306

Significant findings from the prevalence survey data collected at the HWHs:

- 1) For HWH respondents, the number of cigarettes smoked per day decreased during current HWH stay when compared to the number of cigarettes smoked before the most recent incarceration (N=223; p=.0001).
- 2) The time period between waking up and smoking the first few cigarettes on any given day decreased during the current HWH stay (N=187; p=.008).
- 3) When ill and in bed most of the day, HWH survey respondents reported that they tend to smoke at a lower rate than when they were ill before their most recent incarceration (N=219; trend in the right direction).
- 4) **Male inmates** who received information specifically from the targeted DOC facilities (NHCC, HCC, BCC, MYI, CRCI, WCCI), are tending to smoking less at the HWHs (N=45; trend in the right direction).
 - For male inmates, the Fagerström Measure indicated: Medium tolerance level before incarceration; improved to a low tolerance level at the HWHs.
- 5) **Female inmates** who received cessation information tend to report smoking less at the HWHs (N=17; trend).
 - For female inmates, the Fagerström Measure: Medium tolerance levels at both time points, before incarceration and at the HWH programs.

How much do you want to quit smoking?



What would help you stay off cigarettes?

- 37% Saving money
- 28% Want to be healthy
- 17% Can't smoke in a lot of places now

What are the barriers to not smoking cigarettes?

- 36% I enjoy smoking
- 30% Helps me with stress/bad moods
- 26% Cravings